

The Resilient Library Newsletter

November 8, 2020

Volume 2, Issue 2

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press Ctrl+click on images and underlined text to be directed to those websites

Inside this issue:

Book Spotlight—Emotional First Aid	3
Take a Virtual Tour of Parks and Museums	3
A Little Bit Techie—Requesting Items Online	4
Artful Distractions—Pumpkin Seed Ornament	5
To Your Health—Life-long Health eAudiobook	6
Money Wise—Dealing with Job Loss	7
About this Newsletter & Subscription Info	8
Library Links, Services & Contact Information	8

Venturing Out Into a Public Setting? What to Consider Before You Go.

From the CDC

As communities and businesses across the United States are opening, you may be thinking about resuming some activities, running errands, and attending events and gatherings. There is no way to ensure you have zero risk of infection, so it is important to understand the risks and know how to be as safe as possible.

People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before deciding to go out and ensure they are taking steps to protect themselves. Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. Everyone should take steps to prevent getting and spreading COVID-19 to protect themselves, their communities, and people who

are at increased risk of severe illness.

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.

- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand and use them when venturing out: a mask cloth, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing masks or ask others around you to wear masks.

Are You Considering In-Person Visits with Family and Friends?

When to delay or cancel a visit

- Delay or cancel a visit if you or your visitors have symptoms of COVID-19 or have been exposed to someone with COVID-19 in the last 14 days.
- Anyone who has had close contact with a person with COVID-19 should stay home and monitor for symptoms.

So, think about:

- How many people will you interact with?
- Can you keep 6 feet of space between you and others?
- Will you be outdoors or indoors?
- What's the length of time that you will be interacting with people?

Encourage social distancing during your visit

Visit with your friends and family outdoors, when possible. If this is

See **Venturing Out** on page 2

Venturing Out (continued from page 1)

not feasible, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate social distancing.

- Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart from each other.
- Consider activities where social distancing can be maintained, like sidewalk chalk art or yard games.
- Try to avoid close contact with your visitors. For example, don't shake hands, elbow bump, or hug. Instead wave and verbally greet them.
- If possible, avoid others who are not wearing masks or ask others around you to wear masks.
- Consider keeping a list of people you visited or who visited you and when the visit occurred. This will help with contact tracing if someone becomes sick.

Wear masks

- Masks should be worn over the nose and mouth. Masks are especially important when it is difficult to stay at least 6 feet apart from others or when people are indoors to help protect each other.
- Masks may slow the

spread of the virus and help people who may have the virus and do not know it from transmitting it to others

- Wearing a mask helps protect others in case you're infected, while others wear one to protect you should they be infected.
- **Who should NOT use masks:** Children under age 2 or anyone who has trouble breathing, is unconscious, or is incapacitated or otherwise unable to remove the mask without assistance.

Wash hands often

- Everyone should wash their hands for at least 20 seconds at the beginning and end of the visit and whenever you think your hands may have become contaminated.
- If soap and water are not readily available, such as with outdoor visits or activities, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Remind guests to wash or sanitize their hands before serving or eating food.
- Use single-use hand towels or paper towels for drying hands so visitors do not share towels. Have a no-touch trash can available for guests to use.

Limit contact with commonly touched surfaces or shared items

- Encourage your visitors to bring their own food and drinks.
- Clean and disinfect commonly touched surfaces and any shared items between use.
- If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.



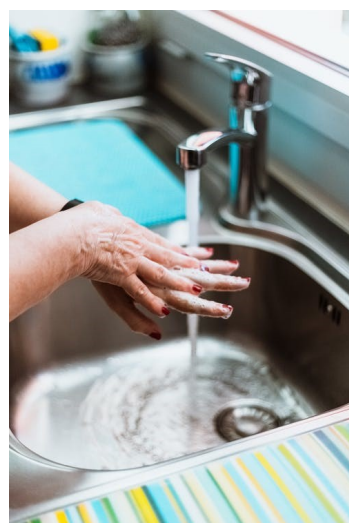
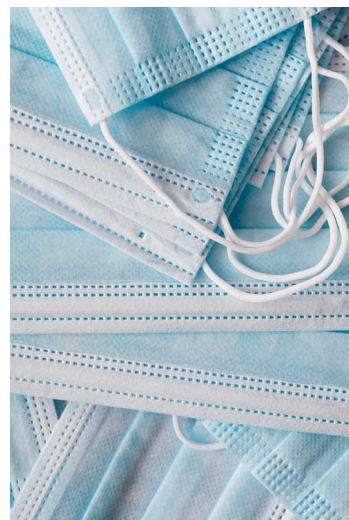
If you are thinking about participating in an event or gathering:

If you are at increased risk for severe illness, consider avoiding high-risk gatherings. The risk of COVID-19 spreading at events and gatherings increases as follows:

Lowest risk: Virtual-only activities, events, and gatherings.

More risk: Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart, wear masks, do not share objects, and come from the same local area (e.g., community, town, city, or county).

Higher risk: Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming



EMOTIONAL FIRST AID

Healing
Rejection, Guilt, Failure,



GUY WINCH, PH.D.

"The advice Winch offers in this refreshingly useful book is both practical and practicable—down-to-earth techniques that really can bring relief when things feel like they're falling apart."
—ANNELI RUFUS, author of THE BIG BOOK OF LOW SELF-ESTEEM

By Guy Winch, PhD

Check this book out
from our Library cata-
log at www.rvl.info

Book Spotlight— *Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts*

From the back cover:

Failure, guilt, rejections, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent.

Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D., offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, *Emotional First Aid* is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back.

Guy Winch, PhD, is a licensed psychologist, author, and keynote speaker whose books have been translated into twenty-three languages. His books include: *Emotional First Aid*, *The Squeaky Wheel*, and *How to Fix a Broken Heart*. His first TED Talk *Why We All Need to Practice Emotional First Aid* has been viewed over 5 million times and is rated as the fifth most inspiring talk of all time on TED.com. Dr. Winch's work on the science of emotional health is frequently featured in national and international media outlets. He also writes the popular Squeaky Wheel Blog for PsychologyToday.com. He maintains a private practice in Manhattan and is a member of the American Psychological Association.

"The advice Winch offers in this refreshingly useful book is both practical and practicable—down-to-earth techniques that really can bring relief when things feel like they're falling apart."

—Anneli Rufus,
author of **THE
BIG BOOK OF
LOW SELF-
ESTEEM**

Take a Virtual Tour

See these websites for online
virtual tours:

[The National Park Service](#)

[U.S. Botanical Gardens](#)

[The Smithsonian](#)

[National Gallery of Art, DC](#)

[Museum of Modern Art, NY](#)

[British Museum, London](#)

[Guggenheim Museum, NY](#)

[The Louvre Museum, Paris](#)

[Musée d'Orsay, Paris](#)

[National Museum of Modern
and Contemporary Art,
Seoul](#)

[Pergamon Museum, Berlin](#)

[Rijksmuseum, Amsterdam](#)

[Van Gogh Museum, Amsterdam](#)

[The J. Paul Getty Museum, LA](#)

[Uffizi Gallery, Florence](#)

[MASP, São Paulo](#)

[Palace of Versailles, Versailles,
France](#)

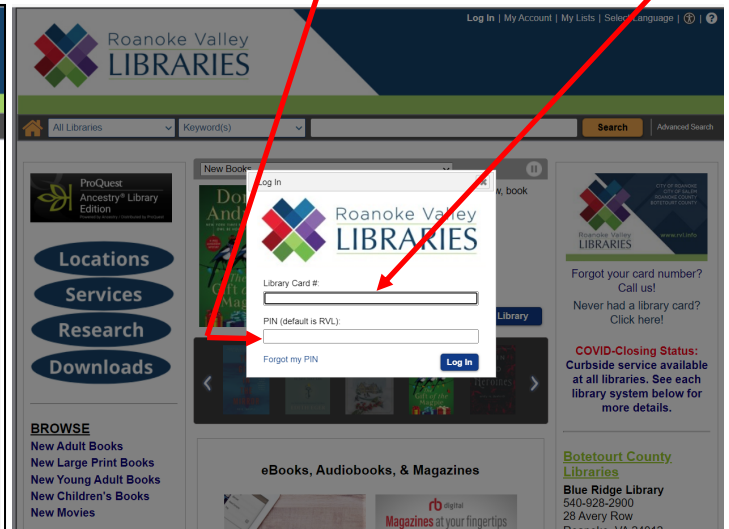
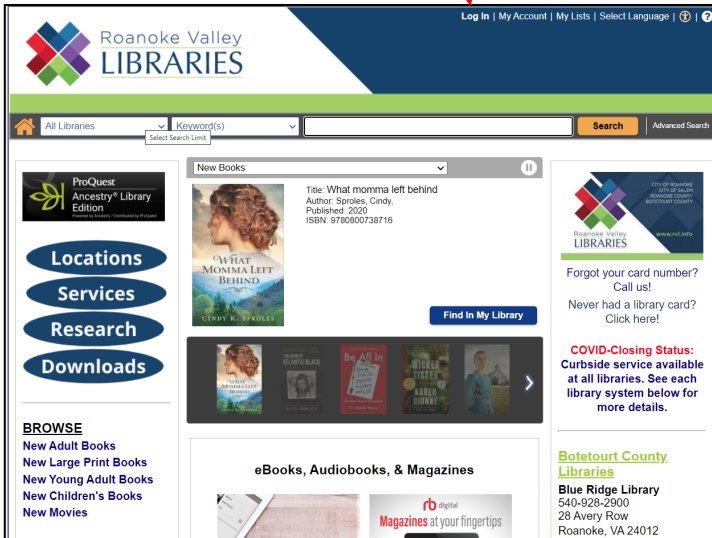
Excerpted from *Travel + Leisure: Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)* and other sites. Ctrl+Click on hyperlinks to be directed to the corresponding website.

A Little Bit Techie—Requesting Items Online

1. Go to www.rvl.info and click on “Log In”

2. Enter your library card number (starts with 199990, use all 13 numbers without any spaces)

3. Enter your PIN (If you haven't personalized your PIN, type rvl)

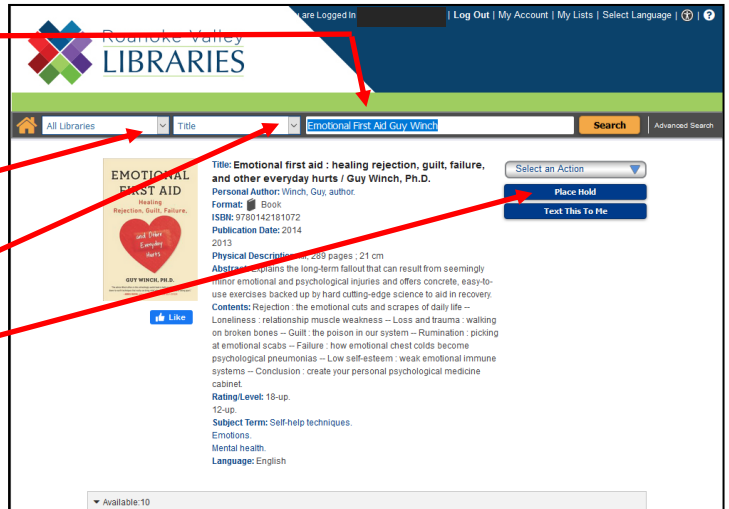


4. Type your request in the search field

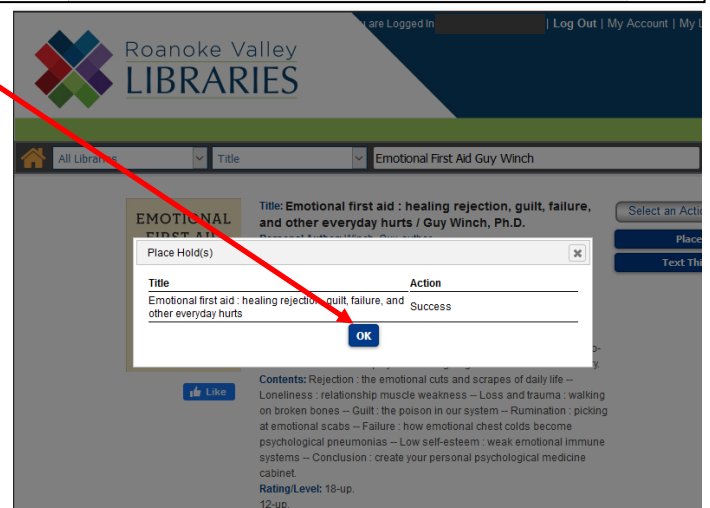
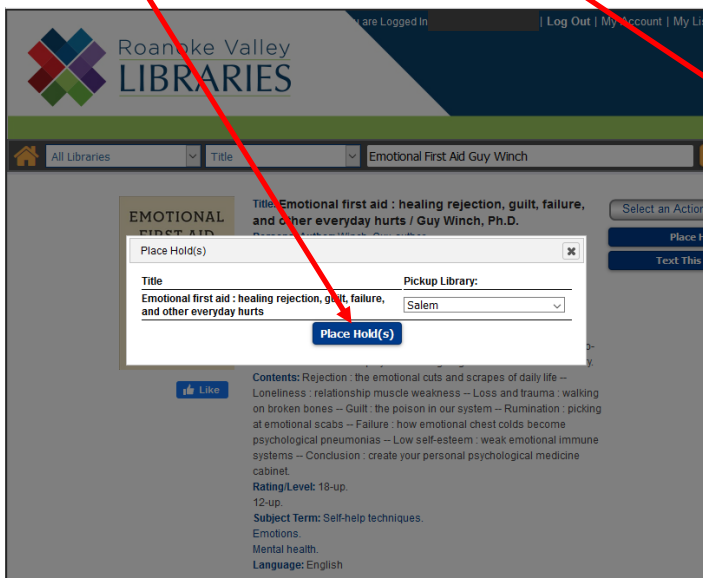
The more specific the information you enter, the more narrow (fewer) the search results.

You can narrow your search:

- To a specific library
- By title, author, ISBN, subject, series, or keyword in genre headings



5. Click on “Place Hold” here and here. Pop-up box will say OK.



Artful Distractions— *Pumpkin Seed Poinsettia Brooch or Ornament*

Poinsettias are the flower of the Christmas season, and these brooches or Christmas ornaments made of pumpkin seeds will bring out the holiday cheer in all who see them! Make one for yourself, or make several to give as gifts.

What you will need:

Pumpkin seeds (not shelled)	Red spray paint (high-gloss is the best)
Navy beans	White glue (Elmer's)
Poster board or empty cereal box	Pin backs (for brooches)
Scissors	Gold cord (for ornaments)
Compass or 2" lid to trace	Optional: tacky glue, glue gun, high-gloss urethane spray paint
Toothpick (for spreading glue)	

Step 1. Read through the project instructions and gather materials needed.

Step 2. Cut a 2" circle from the poster board or cereal box cardboard.

Apply a 1/2" band of glue on the outside edge of the circle and start gluing pumpkinseeds. Position the seeds with their pointed ends out, and let the seeds hang about half over the edge.

Apply another band of glue and pumpkin seeds inside the first—overlapping the first ring of pumpkin seeds.

Repeat with two or more rings of seeds, leaving a small circle in the middle of the cardboard.

Let the glue dry for at least 20 minutes.

Step 3. In a well ventilated area, use spray paint to paint the pumpkin seeds red. Let dry per the paint can's instructions.

Step 4. Glue navy beans in the center of the poinsettia. Try to glue them standing on end. Wait for the glue to dry.

Step 5. For a brooch, glue the pin back on the back of the poinsettia.

For an ornament, cut an 8" length of gold cord to make a hanger. Form a loop and glue the ends to the back of the ornament with tacky glue or a glue gun.

Tip: For a more finished look, glue another cardboard or heavy paper circle to the back of the poinsettia ornament, covering the glued hanger's ends.

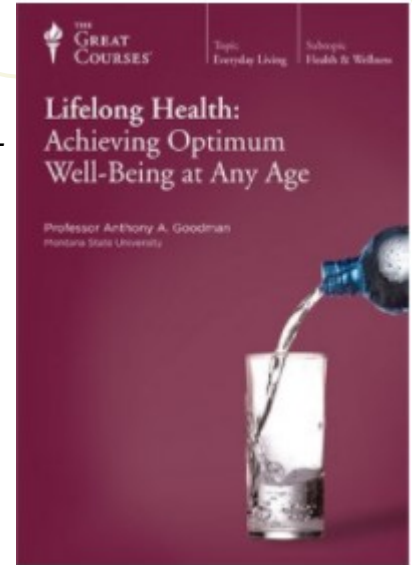


Excerpted from <https://www.auntannie.com/Christmas/Poinsettia/>



Lifelong Health: Achieving Optimum Well-Being at Any Age

"A long and healthy life is a universal desire. So how can you achieve this goal? A thorough knowledge of personal wellness-as well as the tools, tips, and insights that come from such knowledge-is essential to helping you live the longest and healthiest life possible. *Lifelong Health: Achieving Optimum Well-Being at Any Age* is your essential reference guide to healthy living, packed with information and sound advice rooted in the latest scientific understanding of nutrition, physiology, and other related fields. ...Professor of Medicine Dr. Anthony A. Goodman-whose professional experiences have equipped him with a powerful understanding of the human body and the secrets of optimum health-gives you a wealth of knowledge on which you can rely even as the science around it continues to evolve. More important, he guides you on a fascinating journey through all levels of optimum health and well-being, presenting medical information and expert advice in a way that allows you to make your own personalized choices... The decisions you make every day have a direct impact on how successful your life is. ...Dr. Goodman speaks with a conviction and authority backed by his decades of experience in medicine, both as a practitioner and as a professor. Every one of his lectures is backed by scientific information and proven results. More important, they're flavored with common sense tips, in-studio demonstrations, helpful advice, and inspirational stories that make lifelong health an appealing and achievable goal."



AVAILABLE AS AN E-AUDIOBOOK ON RBDIGITAL

Venturing Out (continued from page 2)

from outside the local area.

Highest risk: Large in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from outside the local area.

Stay healthy during the COVID-19 pandemic.

Talk to your healthcare provider about whether your vaccinations and other preventive services are up to date...

- It is particularly important for those at increased risk of severe illness, including older adults, to receive rec-

ommended vaccinations against influenza and pneumococcal disease.

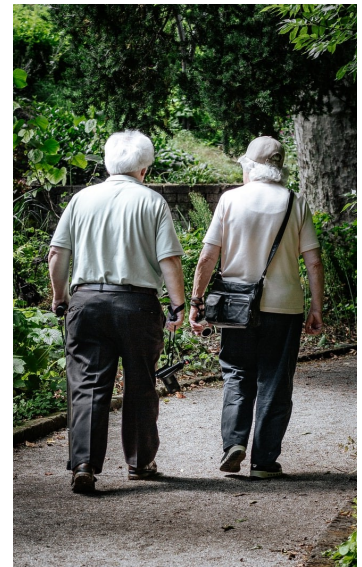
- Remember the importance of staying physically active and practicing healthy habits to cope with stress.

If you have an underlying medical condition, you should continue to follow your treatment plan:

- Continue your medicines and do not change your treatment plan without talking to your healthcare provider.
- Have at least a 30-day supply of prescription and non-prescription medicines. Talk to a

healthcare provider, insurer, and pharmacist about getting an extra supply (i.e., more than 30 days) of prescription medicines, if possible, to reduce your trips to the pharmacy.

- Do not delay getting emergency care for your underlying medical condition because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19 if you need care.



See **Venturing Out** on page 8

Money Wise—Dealing with Job Loss

Losing a job is stressful, plain and simple. Looking for a new one is no easy task either, especially if you worry about how to pay the bills. Here are some tips to help you get back on your feet professionally and financially.

- Contact your [State Unemployment Insurance Office](#) for information about applying for unemployment insurance benefits in your state.
- [Make a budget](#). Add up your monthly expenses and create a survival budge to get a sense of how long your savings can keep you afloat. Look for expenses you may be able to eliminate.
- Consider your health care options. The Consolidated Omnibus Budget Reconciliation Act, better known as [COBRA](#), allows people who lose their jobs to buy health insurance at a group rate for a limited time. COBRA can be expensive. If you're relatively healthy and don't have chronic conditions, a bare-bones major medical plan may save money while still protecting you from catastrophic emergencies. Visit [HealthCare.gov](#) to learn more.
- [Contact your creditors](#). They may be willing to discuss some type of minimum payment. They're much more likely to be reasonable with you if you tell them your situation upfront, rather than waiting for them to contact you after you've missed a payment.
- Order a free copy of your credit report. It has information about where you live, how you pay your bills, and whether you have filed for bankruptcy. Credit reporting companies and other businesses that provide [background information](#) sell your file to potential employers that, in turn, use it to evaluate your applications for jobs. It's a good idea to dispute inaccurate information in your report so it can be corrected before your next job interview comes along.
- Form a network. [Networking](#) is about building relationships and is a key part of job hunting. All it means is talking to others—either formally or informally—about your job search and career goals.
- Visit [CareerOneStop](#) [see below]. Sponsored by the U.S. Department of Labor, Employment and Training Administration, [this site](#) offers tools to help people look for work, and a directory of resources to help you cope while unemployed.
- Be wary of [job scams](#). It's tough enough to find a job without scammers trying to take advantage. During your job search, you may see ads for job placement firms that promise results. Unfortunately, some firms misrepresent their services, promote nonexistent vacancies, or charge high fees in advance for services that don't guarantee placement.

Excerpted from the [Federal Trade Commission's Consumer Information website](#) <https://www.consumer.ftc.gov/articles/0402-dealing-job-loss>



Sponsored by the U.S. Department of Labor. A proud partner of the [americanjobcenter](#) network.

Resources on this site include:

- [COVID-19 Unemployment Insurance Info plus:](#)
 - FAQs about unemployment
 - State resources
 - Housing, Finances
 - Health care, Mental Health, Food
- [Explore Careers](#)
- [Find Training](#)
- [Find Local Help](#)
 - American Job Centers- Find your local office
 - National Phone Helpline: 1877-872-5627
 - TTY: 1 877-889-5627
- [Resources for](#)
 - Getting Back to Work
 - Career Changer
 - Military and Veterans
 - Entry-level Worker
 - Older Worker
 - Workers with Disabilities
 - Self-employment



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:
library@salemva.gov

Roanoke Valley Libraries
Online Library Catalog
www.rvl.info

Roanoke Valley Libraries
e-Books & e-Audiobooks
rvl.overdrive.com

WE'RE ON THE WEB!

[HTTPS://
WWW.SALEMVA.GOV/
DEPARTMENTS/SALEM
-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)



Scan this QR code
to see our calendar
of events

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Fill out the information below and mail it to us.

Print copies will be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online.

Specify below how you would like to receive your subscription to this newsletter along with your contact information.

☐ Postal Service Mailing address: _____

☐ Email Email address: _____

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT FREE PICK-UP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: *The library is closed and you don't want to spend hours browsing the online catalog?* Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

2020 READING CHALLENGE: Earn prizes for reading! Open to all ages. Call us, email us, or click the link on our website home page for more information.

SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM—Click on the icons near the bottom of our website home page.

Click on images or underlined text to be directed to the appropriate website.

Scan the QR code (bottom left on this page) to see our [Calendar of Events](#).

Venturing Out (continued from page 6)

- Call your healthcare provider if you have any concerns about your underlying medical conditions or if you get sick and think that you may have COVID-19. If you need emergency help, call 911 right away.
- If you don't have a healthcare provider, contact your nearest health department. If you think you may have COVID-19 or were exposed to COVID-19:
- If you have symptoms of COVID-19, get in touch with your healthcare provider within 24 hours, and follow steps for when you feel sick. You can use CDC's self-checker to help you make decisions.
- If you or someone you know has COVID-19 emergency warning signs (trouble breathing, persistent chest pain, new confusion, inability to wake or stay awake, or bluish lips or face), **seek emergency care immediately**. Call 911.
- If you think you might have been exposed to someone with COVID-19, contact your healthcare provider. If you don't have a healthcare provider, contact your nearest health department.